

First Look

No dry cleaning

Due to a critical equipment failure at the base laundry plant, dry cleaning and laundry services for uniforms and personal clothing are not available until further notice.

Talented youth

Lajes youth ages 6-18 will compete Saturday in a local talent contest. Competition categories are: vocal - male/female vocalist, vocal group; instrumental - solo, combo and group; and performing arts - musical variety, specialty, dance. A contestant may enter a maximum of two categories of competition and not more than one category per division. For more information, call Thomas Lamont at 2-1198/2-3273.

AAFES sale

A furniture and warehouse clearance sale is from 10 a.m.-5 p.m. Saturday and Sunday and from noon-6 p.m. Monday in Bldg. T-800.

Amateur show

Amateur Night is at 8 p.m. April 22 at the Top of the Rock Club. Sign up begins at 6 p.m., performances are restricted to 10 minutes. Prizes awarded to top 3 performers. Sing, play an instrument, perform magic, tell jokes etc. For more information, call Master Sgt. Darcy Eubanks at 2-1319.

Preflight

■ Days since last DUI ... 86
 ■ DUIs since Jan. 1 1
 ■ Current AEF 3 & 4
 ■ Current FPCON Alpha
 ■ Combat Nighthawk:
 Capt Matthew Glaros,
 65th Air Base Wing;
 Master Sgt. Cynthia
 Brown, 65th
 Communications Squadron;

Breakfast is served



Hungry troops and their families enjoy breakfast and each other's company at a fundraiser put on by the 65th Civil Engineering Squadron, the squadron's spouses group Hands Across the Squadron, the squadron booster club and the family support center for deploying squadron members and their families at the fire department, Wednesday. Deploying squadron members, who begin leaving Sunday and continue through early May, were recognized by approximately 130 people who attended the breakfast. About \$450 dollars were raised to be used for Carepackages for the deploying members. (Photos by Staff Sgt. Michelle Michaud)

There's still time for taxes

**By 1 Lt. Aaron Wiley
Deputy Chief, public affairs**

Tax season closes for most people today, but because U.S. citizens stationed overseas may still have time to file a return using the overseas exception, the Lajes Field Tax Center is keeping its doors open.

The Internal Revenue Service's Armed Forces Guide (Publication 3) allows most U.S. citizens, depending on how one files their claim, to take advantage of an automatic 60 day extension, which gives them until June 15 to file their 2004 return.

"However, if you owe taxes," said Jennifer Rush, 65th Air Base Wing tax advisor, "penalties and interest on taxes that are due could date back to April 15."

Demand will determine if the tax center stays open until the June 15 deadline, but its hours will change beginning Monday to noon - 5 p.m., Tues.-Thurs., she said.

The free tax advice offered at the tax center

can still benefit those who've already filed a return and didn't know they could claim things like the services of a nanny, a service many Americans use on the island.

"You generally have 2 years from the date your taxes were paid or 3 years after the date you filed your original return to file an amendment on a tax return," said Mrs. Rush.

The free tax service offers help to DoD members and their family members, and can also help members understand other exceptions and entitlements that apply to U.S. citizens stationed overseas or those who were deployed or served in a combat zone in 2004, Mrs. Rush said.

Airmen still planning on using the tax center's service should bring social security numbers for everyone on their return as well as their bank account and routing numbers, she said.

For more information on tax rules for DoD members, go to www.irs.gov/publications/p3/index.html.



USAFE

Airman Information File

April 2005

Embracing Change!

The only thing that remains constant is change — it happens around us every day. When we face change we can choose to embrace it, or ignore it and let change occur without us.

When we continue with business as usual instead of rising to the challenge of change, we eventually become extinct, but by embracing change we ensure our relevancy into the future. The Air Force has fought in many different conflicts over the years. Each operation requires us to review our strategies and tactics to guarantee they are the best to win our current, and future, fights.

During the Cold War, we prepared ourselves to face a large superpower. The tragic events on 9/11 presented us with an enemy that required different strategies and tactics. Today, we face an organized system of terrorists who wear no uniforms. With this new fight come new challenges like quickly being able to take out fleeting and mobile targets. We also need

to figure out how to handle and neutralize a terrorist who has strapped-on C4 explosives before he can harm others. It's clear change is required for us to remain relevant and successfully win all future conflicts.

There are different aspects to change. One aspect is the technical challenge — solving the problems that allow us to adapt and overcome. Harnessing new technology and exploiting it against our enemies is one way we can adapt to meet these technical challenges. The other aspect, and usually the more difficult to achieve, is the attitude and motivation required to effectively change. Vince Lombardi stated, "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." Most of us are normally resistant to change — mainly because change brings out a fear of the unknown. It requires us to move out of our comfort zone into unfamiliar territory. Others oppose change be-

cause of a fear of failure.

History holds many examples where failure accompanied initial change, but through perseverance, success was eventually achieved. Abraham Lincoln failed early at business, was defeated in his run for the Senate and passed over as a Vice-Presidential candidate, but he never gave up. He went on to become one of the greatest Presidents of our United States with the courage to change our nation in ways that are still being felt today. Change requires the courage to move out of the familiar into the unfamiliar and to overcome our fears and failures until we succeed.

Change — it's inevitable. We can anticipate it, embrace it, lead the way and be successful, or we can drag our feet, let change happen and react after it's too late. It's been said that when you're through changing, you're through. Stay ahead of all who oppose us and keep us the most respected and feared Air Force in the world — embrace change!

General Doc Foglesong

CMSgt Gary Coleman

Commander's Line

ccline@lajes.af.mil
2-4240



The Commander's Line is your direct link to me for suggestions, kudos or as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option - for praise or problems - but when that's not the answer, call the CC Line at 2-4240 or e-mail ccline@lajes.af.mil. Thank you!

Col. Barbara Jacobi
65th Air Base Wing commander

Customer service



(Left) Michelle Heck, 65th Services Squadron training specialist, talks about customer interactions and attitude during Customer College class. During the four-day class, Mrs. Heck also teaches about customer service, personal initiative, effective listening, written communication, first impressions, establishing rapport and personalities among other things. (Above) Tech. Sgt. Teresa Smothers, 65th Mission Support Squadron, is consoled by Staff Sgt. Chad Guieb, 65th Security Forces Squadron, during a skit his group did to show how they would deal with a unique situation. Approximately 50 students attend one of the three customer college classes a month. (Photos by Staff Sgt. Olenda Kleffner)

Focus notes

Customer College grads

Congratulations to the graduates of the April 7 Customer College class:

Airman 1st Class Julie Audell, 65th Communications Squadron; **Airman 1st Class Kevin Beifus**, 65th CS; **Senior Airman Mitchell Bemos**, 65th Civil Engineer Squadron; **Staff Sgt. Gordon Caine**, 65th Security Forces Squadron; **Tech. Sgt. Mary Davis**, 65th Services Squadron; **Senior Airman Alvin Dela Cruz**, 65th CS; **Staff Sgt. Mia Delgado**, 65th CS; **Master Sgt. Alvin Earp**, 65th Air Base Wing; **Paulo Feliciano**, 65th SVS; **Staff Sgt. Chad Guieb**, 65th SFS; **Staff Sgt. Olenda Kleffner**, 65th ABW;

Senior Airman Elsie Lengyon, 65th Mission Support Squadron; **Ilda Moreira**, 65th MSS; **Roberto Rocha**, Defense Commissary Agency; **Senior Airman Aleah Shields**, 65th MSS; **Tech. Sgt. Teresa Smothers**, 65th MSS; **Jennifer Wickizer**, 65th Mission Support Squadron

Combat Touch

All events are at the base chapel unless otherwise noted.

Men's Spiritual Leadership Training/Breakfast is at 8 a.m. Saturday.

Confirmation by Bishop Antonio Sousa Braga, Bishop of the Azores, is at 5 p.m. Sunday.

Children and Youth Movie Night is at 7 p.m. April 22. For more information on these events, call Chaplain (Capt.) David

Knight at 2-4211.

Single and unaccompanied members' dinner, hosted by the 65th Logistics Readiness Squadron, is at 5:30 p.m. April 28.

First Communion Workshop is at 5:30 p.m. April 30. For more information on these events, call Chaplain (Capt.) Matthew Glaros at 2-4211.

A violin concert with classical & religious classical music is at 7 p.m. April 30. For more information call Chaplain (Lt Col.) Michael Coggins at 2-4211.

Library contest

The USAFE bookmark design contest for children grades K-12 is ongoing through the end of April.

For more information, call the library at 2-3688.

Military children recognized

**By Master Sgt. Scott King
92nd Air Refueling Wing
Public Affairs**

Never underappreciated, but sometimes overlooked for their contributions to the Department of Defense, military children are the focus for April as "Month of the Military Child."

The military provides protection and defense for the U.S. and, in turn, military children make great sacrifices.

They must live with uncertainty and concern for their parents on a daily basis. Many families learn to be flexible, but extended hours and long deployments can be difficult for military children.

In February 1986, Secretary of Defense Caspar Weinberger established April as the Month of the Military Child, underscoring the importance of military children and their role in military families.

"During this month we celebrate unique lifestyles of our military youth, making adjustments when necessary, especially during deployments and wartime," said Kathy Wilcox, child development center director at Fairchild Air Force Base, Washington.

"Therefore, April has been declared as a special time to demonstrate our ongoing gratitude and appreciation for the many sacrifices our military families make as loved ones serve their country. We salute their efforts in an ever-changing environment by celebrating supporting the children's needs."

Parents said their children motivate them to do what they do day-in and day-out.

"This month shows them their nation cares about the great sacrifices they have made for their parents who have chosen to serve," said Tech. Sgt. Randall Simonson, 92nd Operations Support Squadron airfield management operations chief. "They do this as a willing supporter and with the same love of this country as their military parents."

"Sometimes I don't think our children are told often enough how important and supportive it is to us when we come home from a difficult day, and we see them smile," Sergeant Simonson said. "It is my children (who) give me the energy and desire to put this uniform on each day to protect and defend this great nation for their future way of life."

Just as "flexibility is the key to air power," it is also a key for many military families.

"Military families learn to be flexible, but extended hours and long deployments often prove to be difficult for our military children," Mrs. Wilcox said. "I feel this month provides those of us (here) a time to celebrate the unique lifestyles of our military youth and the adjustments that families make during deployments and wartime."

April serves as a reminder for military families that there is support available to them with resources to help.

"Being a parent myself, it breaks my heart to leave my wife and kids behind when I am called to (deploy)," said Maj. Mason Pigue, 92nd Services Squadron commander. "But that is what we do when we are called. We have sworn to support and defend, and that is what we do. Our families know this, respect this and stand by us. When we deploy forward and leave that hole in the family, it's important for me to know that my nation has not forgotten about my family, and I am grateful that they are honored and supported this month."

Cable connection



Eng. Julio Rodrigues, chairman of CaboTV Azores and the Regional Director for Portugal Telecom, and Col. Danny Leonard, 65th Air Base Wing vice commander, connect two cables during the AFN/CaboTV cable connection ceremony on Santa Rita hill April 6. The ceremony marks the completion of the project that brought five additional AFN channels and will bring commercial cable access to the base. (Photo by Staff Sgt. Michelle Michaud)

TSP season opens today

RANDOLPH AIR FORCE BASE, Texas — Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the "open season" today - June 30.

"TSP is a long-term retirement savings plan, which everyone should consider," said Ms. Jackie Holland, task manager at the Air Force Personnel Contact Center here. "It's a great supplement to military and civilian retirement plans."

"It's also important to note that TSP is not limited to investing in stocks," said Ms. Holland. "People can choose safer government securities as well."

This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons, according to Janet Thomas, of AFPC's civilian benefits and entitlements service team.

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

"Eligible employees can take out loans and make in-service withdrawals from their TSP accounts," said Ms. Thomas. "And you can keep your account, even if you leave military or federal civilian service."

Investment money is deposited directly from each paycheck "so you never have to think about it," said Ms. Holland. "That makes it easy to 'pay yourself first' while only investing what you deem appropriate."

The five TSP funds are: the Government Securities Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index Investment (S) Fund; and the International Stock Index Investment (I) Fund. TSP also hopes to make "Lifecycle" funds available mid-2005. Lifecycle funds are 'target asset allocation portfolios' that will hold a mix of the five funds currently available. The mix of funds is chosen based on the date the employee expects to need money for retirement. The Thrift Board is still working out the details. In the meantime, a series of questions and answers on the lifecycle funds can be found on the TSP Web site at <http://www.tsp.gov/curinfo/specint/LFC-Qs&As.html>. Additional publicity will be issued when final details become available.

"As with any individual retirement account, the sooner you begin contributing, the better," said Ms. Thomas.

Contribution elections and/or changes made between April 15 and June 11 will

take effect June 12, for both military and civilian personnel. Changes made on or after June 12 will become effective at the beginning of the pay period following the one in which the election is made for civilians and the following month for military.

Public Law 108-469, signed into law Dec. 21, 2004, will eliminate TSP open seasons. The Federal Retirement Thrift Investment Board is implementing this law effective July 1, 2005.

As a result, beginning July 1, civilian employees and military members may start, change, stop, or resume contributions at any time.

For civilians the elections will be effective at the beginning of the pay period following the one in which submitted, and for military members elections will be effective the following month.

Some of the specifics of the program include:

Military

— Military members can contribute up to 10 percent of their base pay, as long as the annual total of tax-deferred investment doesn't exceed \$14,000 for 2005. Airmen also have the ability to invest all or part of their bonuses or special pay.

— Those serving in tax-free combat zones are allowed up to \$42,000 in annual contributions.

— Military members can enroll through the Defense Finance and Accounting Service web site at <http://www.dfas.mil/emss/>. They can also enroll by filling out a form TSP-U-1 at local military personnel flights, finance offices and family support centers.

— Contribution allocations (how an employee chooses to invest money among the five funds) can be made by calling the TSP automated ThriftLine (877) 968-3778 for members in the 50 States, Virgin Islands, Puerto Rico, Guam, American Samoa and Canada, or (504) 255-8777 for members elsewhere, or on the TSP web site at <http://www.tsp.gov/>. For general TSP questions, call the Air Force Personnel Contact Center at (800) 616-3775.

— Specific TSP information is available for Air Force military personnel at http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm.

Civilian

Contribution limits are based on which retirement system an employee has. For the current open season, the following contribution rates apply:

— Federal Employees' Retirement System employees may contribute up to 15 percent of basic pay each pay period. Once eligible, the government provides matching funds of up to four percent as well as an automatic one percent each pay period, whether the employee contributes or not, making the government's contribution five percent.

— Employees covered by the Civil Service Retirement System may contribute up to 10 percent of basic pay, but do not receive any agency contributions.

— Beginning in December 2005, there will no longer be percentage limits on how much FERS and CSRS employees may contribute each year. Contributions will be restricted only by the Internal Revenue Code's annual limit, which is \$15,000 for 2006.

— Specific information is available for civilian employees from the Thrift Savings Plan web site at <http://www.tsp.gov/> and the BEST homepage at <http://www.afpc.randolph.af.mil/dpc/BEST/menu.htm>.

— All Air Force-serviced civilian employees will make their TSP contribution elections or changes electronically through the Web-based Employee Benefits Information System at http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm or through the BEST automated phone system at (800) 616-3775. Hearing impaired employees may contact BEST by calling TDD (800) 382-0893 or commercial 565-2276 within San Antonio, Texas. Overseas employees will dial the AT&T Direct Access Number for the country they are calling from and then enter (800) 616-3775. AT&T Direct Access Numbers can be obtained from access instructions can be obtained from http://www.business.att.com/bt/dial_guide.jsp. Counselors are available weekdays from 7 a.m. - 6 p.m. Central Time.

— Contribution allocations (how an employee chooses to invest their money among the five funds) are made via the "Account Access" section of the TSP website (www.tsp.gov), or by calling the ThriftLine (1-877- 968-3778 for employees in the 50 States, Virgin Islands, Puerto Rico, Guam, American Samoa and Canada; 1-504-255-8777 for employees elsewhere).

More information about the Thrift Savings Plan can be found in the booklet "Summary of the Thrift Savings Plan" on the TSP home page under civilian or uniformed services TSP Forms and Publications.

Service demographics offer snapshot of force

RANDOLPH AIR FORCE BASE, Texas — The Air Force Personnel Center here recently published its quarterly demographics report offering a snapshot of the service's active-duty and civilian force, as of March 31. More information can be found at the center's analysis branch website: <http://www.afpc.randolph.af.mil/demographics/>.

Active-Duty Demographics

Editor's Note: Statistics rounded to nearest tenth. New U.S. government rules now provide Airmen the chance to associate themselves with multiple race groups.

Snapshot of the Air Force

- 358,612 individuals are on active duty
- 73,091 officers and 285,520 enlisted personnel
- The Air Force has 13,729 pilots, 4,609 navigators, 1,312 air battle managers and 36,392 non-rated line officers in the grades of lieutenant colonel and below

Age

- The average age of the officer force is 35; for the enlisted force it's 29
- Of the force, 39.9 percent are below the age of 26
- 46.7 percent of enlisted are below 26 versus 13 percent of officers

Sex

- 19.6 percent of the force is female
- 18.4 percent of the officers are women and 19.9 percent of the enlisted corps are women
- 60.7 percent of the female officers are line officers; 39.3 percent are nonline
- 85.2 percent of the male officers are line officers; 14.8 percent are nonline
- The population of women is 70,280
- Women first began entering pilot training in 1976, fighter pilot training in July 1993 and navigator training in 1977
- Currently there are 568 (4.1 percent) female pilots and 210 (4.6 percent) female navigators

Race of Airmen

The following percentages cover self-reported Air Force military members' racial information.

- 0.5 percent reported their race to be American Indian or Alaska Native
- 2.0 percent reported their race to be Asian
- 15.2 percent reported their race to be Black or African American
- 0.5 percent reported their race to be Native Hawaiian or other Pacific Islander
- 74.9 percent reported their race to be White
- 1.2 percent reported their race to be more than one of the categories
- 5.7 percent declined to report their race

Ethnicity of Airmen

"Hispanic or Latino" is now considered an ethnic, not a racial, category that is registered separately and in addition to the above racial categories.

- 7.9 percent of airmen call themselves "Hispanic/Latino"
- 89.7 percent "not Hispanic/Latino"
- 2.4 percent declined to respond

Marital Status

- 60.3 percent of the current force is married
- 71.8 percent of the officers are married and 57.4 percent of the enlisted
- There are 20,642 couples in the Air Force with both spouses in the military
- 1,483 of these are married to members of other military services

Family Members

- Active duty members supported 546,305 family members
- 442,413 are family-members-in-household

Overseas

- 21.5 percent of the current force is assigned overseas (including Alaska and Hawaii)
- 11,048 officers and 66,081 enlisted personnel

Total Active Federal Military Service

- The average total active federal military service is 11 years for officers and 9 years for enlisted

Academic Education

- 32.2 percent of the officers have advanced or professional degrees
- 25.7 percent have master's degrees, 5.9 percent have professional degrees and .6 percent have doctorate degrees
- 14.6 percent of company grade officers have advanced degrees;

10.3 percent have master's degrees, 4.1 percent have professional degrees and 0.2 percent have doctorate degrees

- 57.6 percent of field grade officers have advanced degrees; 47.9 percent have master's degrees, 8.4 percent have professional degrees and 1.2 percent have doctorate degrees

— 99.9 percent of the enlisted force have at least a high school education

- 75.3 percent have some semester hours towards a college degree
- 16.8 percent have an associate's degree or equivalent hours
- 3.1 percent have a bachelor's degree
- 0.3 percent have a master's degree

Component

- 39.9 percent of the officers have a Regular commission
- 40.1 percent of the line officers have a Regular commission

Developmental Education

— 57.4 percent of the officers have completed one or more PME or developmental education course either in residence or by correspondence

— 8,577 have completed at least one Senior Service School or senior developmental education course, 15,704 have completed an intermediate level course while 17,643 have completed Squadron Officer School

Source of Commission

- 18.9 percent of the officers were commissioned through the Air Force Academy, 41.9 percent through Reserve Officer Training Corps and 22.3 percent through Officer Training School
- The remaining 16.9 percent were commissioned from other sources (direct appointment, etc.)

Civilian Employee Demographics

Total Civilian Strength

- There are 141,245 civilian employees
- 75.8 percent are "white collar" and 24.3 percent are "blue collar"

Citizenship

- 131,926 are U.S. citizens including U.S. nationals (9,710 are Air Force Reserve Technicians)
- 9,314 are foreign national employees
- 5 are other non-U.S. employees in the U.S. or a U.S. territory

Age

- The average age is 46.5 years

Length of Service

- The average length of service is 16 years

Gender

- 34.6 percent are female and 65.4 percent are male

Race/Ethnic Group

The following percentages cover self-reported Air Force civilian employees' racial/ethnic information. Civilian Air Force employees continue to report using previous categories

- 70.9 percent are Caucasian
- 11.3 percent are African American
- 7.2 percent are Hispanic
- 6 percent are another minority
- 4.6 percent are not reported

Overseas

- 11.2 percent of the total civilian work force are assigned overseas (15,789)
- 41 percent are U.S. citizens including U.S. nationals
- 59 percent are local nationals

Education

White Collar

- 42 percent have a college degree
- 15.3 percent have a master's and 1.6 percent have a doctorate
- 25.8 percent have accumulated hours toward a bachelor's degree

- 9.6 percent have an associate's degree or equivalent
- 24.9 percent have at least a high school education
- 5.3 percent have less than a high school diploma

Blue Collar

- 4.4 percent have a college degree
- 0.3 percent have a master's degree
- 27.2 percent have accumulated hours toward a bachelor's degree
- 9.5 percent have an associate's degree or equivalent
- 56.5 percent have at least a high school education or equivalent
- 11.2 percent have less than a high school diploma



Training “just in case”

By Lt. Col. Kimberley Ramos
65th Communications Squadron
commander

We spend a great deal of time training in the Air Force. We devote hours to classroom, on the job and exercise training. We train our Airmen on diverse topics such as responding to changes in force protection levels, dealing with complex issues such as sexual harassment and discrimination, ancillary classes and functional job training to name a few.

With functional job training, Airmen are eager and avid learners because they see the direct relationship between that training and their job performance. It is with the other types of training that there is less emphasis either from the instructor or the students themselves because it is training that is not going to be applied every day.

It is training for the “just in case” situation.

I can not tell you how many times I’ve sat through a class where the students and or the instructor hurried through the material to just get through it and mark it complete without really learning.

I feel very fortunate that when “just in case” events actually happened to me, the instructors had not hurried through the material but had made sure that I had learned.

I was a missile crew member when one “just in case” event occurred.

In the missile community, crews train on unauthorized entry scenarios. When crews trained on this in the winter it was always a bit humorous. Who in the world would come to

North Dakota in the middle of winter to try and gain access, we asked ourselves?

One day in the middle of winter three unidentified and unauthorized people started climbing the fence at Golf-Zero. Unused checklists were opened, the facility manager and lead security NCO ran through theirs, and we declared our situation to command post.

As we ran through the checklists the training took over, there was no “what do we do now,” everyone knew.

Needless to say the situation did not fit our checklists exactly.

The intruders were three children fleeing from a local man who had become violent and shot their mother with a shotgun in front of them.

They ran out into the -50 degrees Fahrenheit North Dakota night without jackets for the brightest lights on the horizon, a missile site.

Our training allowed us to improvise and adapt the checklists to handle the situation.

Eventually, the children were turned over to authorities, the man was captured, and the mother received treatment in time and survived. A tragedy was averted because of Air Force “just in case” training.

At another base I was driving home from work, when an 18-wheeler going at least 60 MPH hit a car broadside. The two occupants were thrown from the vehicle, they were not wearing seatbelts.

One of them was dead on the spot. When I knelt next to the second person, who was still alive but was in bad shape, my first obstacle was to get past the gruesome scene before me.

Then the self-aid buddy care training took over. The person’s leg that was mangled was bleeding so profusely that my pants were soaked. I used all the techniques taught in class to stop the bleeding and treat her for shock. None of the other witnesses had any training at all and could not help.

I was very thankful at that moment that I’d been through self aid buddy care training so many times that I could do it in my sleep, because my mind wasn’t accepting that human flesh could be reduced to such a mess. I thought of nothing else but the training.

One of the main critiques of bases during the Euro Flash exercises has been lack of participation.

The exercise is a training opportunity that many don’t feel they have to participate in because they are not in a Unit Control Center, part of battle staff or in the Disaster Control Group.

A successful response is going to take the whole base population, including civilians learning the correct actions.

Don’t waste a training opportunity by not participating.

Whether it is disaster response training, force protection exercises or any other training, it is important to get the most of it.

You never know when that “just in case” event might happen.

They don’t always occur when you are at your best either, and wouldn’t it be nice to know that you could respond to that chemical attack or bomb threat properly even though you are exhausted or stunned by the events happening around you?

CROSSROADS

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Common thread: Air Force family unites through tragedy

**By Master Sgt.
Randy Phelps
Air Force Special
Operations Command
Public Affairs**

HULBERT FIELD, Fla. (USAFENS) – April 5 was both one of the saddest and proudest days of my life. As a new member of Air Force Special Operations Command, one of my first duties was to travel to RAF Mildenhall, to help support the 352nd Special Operations Group after one of its C-130s crashed in Albania during a joint/combined training exercise March 31. Nine of our fellow Airmen lost their lives.

I didn't know them, but yet, I did.

They were like you and me, serving our country with a belief that we're making a difference at home and around the world. In uniform,

there's no difference between these nine Airmen and the thousands of other men and women who have given their lives in Iraq, Afghanistan, Kosovo, Panama or any other place American military members have gone to defend the interests of the United States.

There's a big difference between people who wear the uniform and those who don't. Policemen understand. So do firemen. We serve to protect others, and it helps forge a bond most people will never understand. I've felt it many times over the past 23 years, but never as strong as this day.

The base held a candle-light vigil with what I would estimate to be several hundred men, women and children. Families of some of the lost Airmen stood alongside fellow squadron members and others from

different units around the base.

It was a somber ceremony, and I couldn't hold back the tears as I watched people I'd never met grieve for their loved ones.

I wasn't alone.

My brothers and sisters, fellow Air Force Airmen and Department of Defense employees, were all around me.

They were feeling the same pain grieving for the families and coworkers. I realized again, that I belong to a family larger than I can imagine. And I'm truly blessed.

I have a lovely wife and children. I'm also a proud grandfather. But, I've got thousands of brothers and sisters who understand the commitment, the sacrifice and the ultimate price some of us pay in our efforts to keep the world a little safer

for our children.

It makes me proud of each and every one of us. I'm proud of the families that continue to support us when we're called away for extended periods, to lands far away, in the defense of freedom.

But mostly, I'm proud of my extended family in uniform. You leave the farms, cities and suburbs with a higher calling to serve. You sign up to defend your country, knowing that the job is inherently dangerous and could possibly claim the ultimate sacrifice. You do it despite the lower pay and multiple moves, uprooting your family every few years to start anew.

Yet, there you are — standing next to me in good times and bad. I know I can count on you, and you know you can count on me. That's the difference.



Everyday Hero
Tech. Sgt. Christopher Juvrud
65th Security Forces Squadron

Duty title: Military working dog handler/flight chief

Job description: Primary command and control of all security and law enforcement shift activities. I manage/lead US security Forces personnel and civilian employees and act as the on-scene liaison between US and host nation police agencies during incidents. I also conduct MWD sweeps of key facilities and high value assets and maintain the health, grooming and training of my assigned military working dog.

Time at Lajes: 14 Months

Time in the Air Force: 13 years

What's the best aspect of your job: MWD teams travel all over the world, working counter-drug with US Customs and the Drug Enforcement Agency, protecting the president with the secret service, and dignitaries with the state department. We could be searching vehicles at a base gate or searching caves in Afghanistan with the Marines, there is always something new and different to do.

What are your career goals: Continue to work in the MWD career field, preferably as a handler, but a trainer would be a good second choice.

Best Air Force experience: TDY to El Paso, Texas, to work counter-drug with US Customs, seized 3,800 lbs of Marijuana, 300 lbs of Methamphetamine, 20 lbs of Cocaine in a three-month period.

Hometown: Henning, MN

Hobbies: Camping, fishing, hunting, pretty much anything outdoors.

Favorite food: BBQ ribs

Favorite color: Green

Pet peeve: People that wait three-four days to report a crime, especially reporting lost ID cards.

No one knows I: secretly wanted to be a firefighter

Pope visited Terceira Island

Question: *During my visit to Angra, I noticed a statue of the recently deceased Pope John Paul II in the churchyard of the Angra Cathedral! Why is the statue there?*

Answer: The statue of Pope John Paul II was erected there to commemorate the pontiff's visit to Terceira Island and the Angra Cathedral on May 11, 1991.

It was the first visit ever of a pope to the Azores, which was a very special occasion and a unique opportunity for many Azoreans, especially the Roman Catholics, to see the pope in person.

The nearly 10 hour visit to Azorean soil included only the islands of Terceira and São Miguel as part of a four-day visit to Portugal, and was carried out at the request of the local religious authorities.

The pope began his visit to the Azorean archipelago at Lajes International Airport, where he arrived at about 10 a.m. and proceeded to Angra on a motorcade on the coastal road to the parking lot adjacent to the Angra bullring, where a crowd of several thousands of people and civilian and military dignitaries awaited his arrival. A special outdoor Mass was then celebrated there by the pope.

Following the Mass, the pope headed to the church-owned Palace of Santa Catarina, located at Pico da Urze, in the surroundings of Angra, where he and his entourage were served a lunch and rested for a few hours.

On the way back to the Lajes airport, the pope made a point to stop at the Angra Cathedral where he prayed for a few minutes. The pope departed at about 4:40 p.m. to Ponta Delgada on the Island of São Miguel where he stayed for about two hours.

Besides visiting the Azores, the chief of the Roman Catholic Church also visited Lisbon, the Shrine of Our Lady of Fátima on mainland Portugal and Madeira Island.

During his pontificate, Pope John Paul II visited Portugal three times; in 1982, one year after he was shot at St. Peter's Square in Rome, the pope came to the Shrine of Fátima to thank the

Virgin Mary for saving his life and deviating the bullet that apparently was aimed at his heart; in 1991 and again in 2000 at which time he beautified Jacinta and Francisco, two of the shepherd children who claimed they saw the Virgin Mary in 1917 near the site where the Fátima Shrine stands today approximately 75 miles northeast of Lisbon.

John Paul II's visit to the Azores touched the hearts of the Azoreans so much that they decided to name the soccer stadium in Angra and the international airport on the Island of São Miguel after his name in recognition of his visit.



The statue of Pope John Paul II was erected in Angra to commemorate the pontiff's visit to Terceira Island and the Angra Cathedral May 11, 1991. (Photo courtesy of Hélio Vieira/ Diário Insular)

No escape from exercise

PT still mandatory for those on profile

By 2nd Lt. Ashley Conner
22nd Air Refueling Wing
Public Affairs

MCCONNELL AIR FORCE BASE, Kan. (AFPN) — Many Airmen believe being on profile is an escape route from participating in unit physical training, but officials here said it is not.

"Just because a (person) has a profile that says 'no running, jumping, crunches, push-ups, and no cycle ergo' does not mean that the (Airman) cannot go to the fitness center and participate in unit fitness," said Lt. Col. Kathleen Ankers, 22nd Medical Group's medical staff chief.

There are only a few reasons an Airmen can be exempt

from unit fitness, which include being hospitalized, being closely medically supervised during convalescence from a very serious illness and being on medically prescribed bed rest, officials said.

Though a person may not be able to participate fully in all the unit's specific exercises, he or she will need to participate in an individual exercise program.

Health and wellness center officials can tailor individual exercise routines to meet the person's needs and limitations.

"We conduct a one-on-one interview with (Airmen) to determine (their) limitations unique to them, such as high blood pressure, pregnancy or injuries," said Bart Patterson,

a health technician at the center here.

In most cases, the person's limitations are what prevent him or her from participating in the unit's program, officials said.

Once the limitations are assessed, they list their goals, such as to lose weight or increase muscle mass, and describe what type of workout they want.

"They tell us how often they want to work out and what equipment they want to use. If their ideal workout isn't effective, we tailor it. It is a very individualized process," Mr. Patterson said.

Airmen may not be able to run or complete the push-up portions of the fitness test, but

if they are able to have their abdominal circumference measured, they can be fitness tested, since a score can be calculated on the basis of just one measure, officials said.

A primary care provider can recommend exception from abdominal circumference testing only after an abdominal surgery or up to 180 days after pregnancy, according to Air Force Instruction 10-248, Fitness Program.

Airmen who violate a profile can have administrative action taken by their commander.

This could possibly have negative repercussions if they meet a medical board and it is documented that they did not follow orders.

Sports briefs

Hours of operation

Chace Fitness Center

5 a.m.-2 a.m. Mon. - Fri.
8 a.m.-7 p.m. Sat. & Sun.
8 a.m.-2 a.m. down days & holidays

Fitness annex (skating rink)

6-8:30 a.m. & 4-5 p.m. Mon.-Fri.
squadron/unit use only
8:30 a.m.-4 p.m. & 5-9 p.m. Mon.-Fri. general use
8 a.m.-7 p.m. Sat., down days & holidays

Exercise classes

Lajes exercise classes restructured:

Mon. - Step w/ Val, 8:30 a.m.; Spin w/ Val, noon*; Cardio w/ Val, 4 p.m.;

Step w/ Val, 5:15 p.m.; Spin w/ Célia, 5:15 p.m.*

Tues. - Spin w/ Dawn, 6 a.m.*; Circuit training w/ Val, 8:30 a.m.; Cardio kick w/ Val, 5:15 p.m.; Spin w/ Val 6:30 p.m.*

Wed. - Step w/ Val, 8:30 a.m.; Step w/ Val, 5:15 p.m.; Spin w/ Célia, 5:15 p.m.*; Body-Sculpt w/ Val, 6:20 p.m.; Yoga w/ Val, 7:30 p.m.

Thurs. - Spin w/ Dawn, 6 a.m.*; Circuit training w/ Célia, 8:30 a.m.; Cardio kick w/ Val, 5:15 p.m.; Spin w/ Val 6:30 p.m.*

Fri. - Step w/ Val, 8:30 a.m.; Spin w/ Val, noon*; Cardio w/ Célia, 4 p.m.; Spin w/ Célia, 5:15 p.m.*

Sat. - Yoga w/ Val, 9 a.m.; Circuit Training w/ Célia, 9:15 a.m.*; Spin w/Val, 10:15 a.m.*

* Classes held at the skating rink

Intramural standings

Volleyball

Team	W	L	T
AMS	15	1	0
CES	12	2	0
AB4	11	3	0
LRS	13	4	0
SMAC#2	7	8	0
LRS/TRANS	7	9	0
MED GP	4	11	0
SMAC#1	4	13	0
COMM	4	12	0
OSS	1	15	0

Chapel services

